

# UConn

**HUSKY SPORT**

## **HUSKY GROWTH PROGRAM REPORT**

2018 - 2019

Get Active! Change the Game!

### **UConn**

**NEAG SCHOOL OF EDUCATION**

# HUSKY GROWTH PROGRAM REPORT

2018 - 2019 Annual Report

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## Program Overview

Husky Growth partners with Fred D. Wish School teachers and Husky Sport Program Leaders to deliver engaging and quality programming on a weekly basis to Wish's 3rd and 4th grade students. Aligned with the Wish School "High Five Rules," the curriculum uses three of Husky Sport's four pillars of physical activity, life skill development and nutritional education as a foundation for all curriculum. With hands on food tastings each cycle, Wish students are introduced to a variety of foods across the MyPlate, encouraging healthy creativity and curiosity with each theme. Dividing and engaging in physical skill building activities allows students in the Husky Growth program to develop strong social skills alongside of their classmates.

# Program Scope

**The USDA MyPlate:** This program utilizes The MyPlate to teach healthy eating habits and how to apply this to students' everyday lives.

**Physical Literacy:** Students participate in physical activities that assist in developing

**Life Skills:** The Husky Growth program assists students with the development of life skills through team building activities each week

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**1** Number of Days of Program (Tuesday)

**24** Total Lessons

**133** Total Students

**7** Healthy Tastings

**6** 3rd & 4th grade classes

**960** Minutes of Nutrition/Physical Activity Programming

# Curriculum & Lesson Planning

Cycle	Physical Activity	Nutrition	Life Skill	Tasting
1	Physical Literacy	My Plate	Relationship Building	Apple Tuna Salad Sandwich
2	Agility	Veggies	Be Respectful	Ants On A Log (With Sunbutter)
3	Balance	Fruit	Hands and Feet to Self (Spreading Germs)	Avocado Melon Smoothies
4	Flexibility	Dairy	Relationship Building	Banana Split Yogurt Parfaits
5	Strength (Strong Muscles)	Protein (Strong Muscles)	Be Responsible	Fruit & Sunbutter Wraps
6	Team Building	MyPlate	Communication	Whole Wheat Strawberry Pancakes
7	Hand/Eye Coordination	Grains (Control appetite)	Be There, Be Ready	Nut-Free Trail mix

Husky Growth is led by six program leaders who each were responsible for creating fun and interactive nutrition and physically active games that incorporated the Husky Sport foundational pillars and the monthly cycle themes. Program leaders intentionally focused on maximizing time for activities by minimizing time within transitions, which was one of the most common suggestion made by students during mid-year focus groups. Program Leaders actively worked to improve lessons by constantly gauging students' level of enjoyment of activities and adjusting lessons in real time. Program leaders also engage in informal end of day reflection to inform future lesson planning.





# Pillar Focus

## Life Skill Development

Each week the students focused on a life skill to encourage and foster positive character development; some of these life skills are, hands and feet to self and



## Physical Activity

Each week the students focused on one of 4 physical fundamentals of Physical Literacy (Balance, Agility, Plyometrics, Strength) by participating in a game or series of activities

## Nutrition Education

Each week the students focused on one section of the MyPlate and participated in a tasting related to that section. In addition, students learned the nutritional benefits of foods within that group.

Throughout the school year, students learned how different foods fuel their bodies. For example, Husky Growth students learned about protein sources from the MyPlate, and that protein helps re/build muscles. The students then participated in partnered strength circuits which emphasized working together to accomplish strength based exercises such as, plank 5's or partnered sit-ups.



Each month, Husky Growth programming focused on the Grains section of the MyPlate. Students participated in a physically active survey to help Program Leader best understand what students already knew about grains and then worked together in a short activity



# Interactive Nutrition Education

During the 2018-2019 academic year, students in grades 3 and 4 were introduced to seven healthy snacks related to each group in the MyPlate. Students were tasked with working as a team to read and interpret the healthy recipe and prepare the healthy tasting. Hands on nutrition education and cooking opportunities allowed for students to practice proper sanitation and food preparation skills while also having the opportunity of enjoying a deliciously healthy snack that can also be prepared at home!



## Recipes

Recipe cards are sent home with every student each month to encourage healthy eating at home and parent engagement around healthy eating practices. Students having already made the snack during the school day were able to serve as “experts” on the healthy snack and introduce something new to their families. Recipe cards were intentionally provided in English and Spanish in order to be inclusive to all Fred D. Wish School families.



## Nutritional Themes

A variety of nutrition themes were covered in the 2018-2019 academic year. While exploring each section of the USDA MyPlate students were focused on the following themes each cycle :

Nutrition Labels

Creating a healthy menu

Food identification

Portion sizing

Vitamins and nutrients





# Nutrition Data Collection

Each cycle of Husky Growth explores a different nutrition topic related to the MyPlate. To better understand how to cover each new topic, Program leaders collect data at the beginning and end of each cycle through physically active pre and post test evaluations. These three-question evaluations give insight on what students already know on a particular nutrition topic and what key points to emphasize in each lesson throughout the month.



Evaluations also help track how effective lessons and activities are on delivering key nutrition points and how curriculum can be improved. Results from each pre and post testing session are provided to Husky Growth Program Leaders with strategies on how to best implement upcoming lessons and reinforce key nutritional messages tailored to third and fourth grade students.

## Program Wide Most Improved

### Cycle 5 (Protein)

Average Percent of Correct Answers:

**Pre (51%)** —————> **3 weeks** —————> **Post (81%)**  
**30% Increase**

**Question: What body part represents the size of protein you should eat?**

Average Percent of Correct Answers:

**Pre (51%)** —————> **3 weeks** —————> **Post (81%)**  
**30% Increase**

# Physical Activity PBIS Challenges

During each session of Husky Growth, students receive Golden Tickets for showing positive behaviors in the classroom. At the end of each classroom session students add all of the Golden Tickets they have earned during their class time with Husky Sport, then one ticket is selected at random for a student to participate in a physical challenge they select. This is an added opportunity to reward students, focus on good athletic form, and/or introduce a new activity or exercise to students.



After the student does the activity they are added to that cycle's Lunch Bunch crew. Lunch Bunch is an additional benefit for students who participated in the challenge. The students are allowed to eat their lunch during the scheduled lunch time in the Husky Sport room. After they eat they can play table-top games, create arts and crafts, color, or play a few active games such as soccer or basketball.



# Looking Ahead/ Lessons Learned

## Lessons Learned

Choosing foods that are sold in local markets or culturally tied to what students are familiar with at home assisted with learning about the MyPlate and healthy eating you would like to skip.

Pre and post data collection is informative for program staff and indicates areas in which a stronger focus of Myplate themes are needed

Flexibility in the Husky Growth lesson plans allowed for a more engaging lesson and a variety of activities for students to choose from that all revolved around Husky Sport foundational pillars



A heavier focus on functional strength patterns may be needed to assist students in the skills needed to be active throughout the student's lifespan.

## Looking Ahead

A rewording/ refocusing of language and program development around 4 fundamentals of athletic development (Balance, Agility, Plyometrics, Strength) to better highlight key areas of fitness and health

Providing a better transition from cycle to cycle may assist students with the transition between different sections of the MyPlate and help to differentiate between the key themes.